



**Name of Activity:** What is Cholesterol?  
**Purpose of Activity:** To learn many important facts of cholesterol  
**Suggested Grade Level:** 9-12  
**Materials Needed:** Students will need access to the library and/or the World Wide Web

### Description of Idea

Students are given an assignment to find an article (newspaper, magazine, or World Wide Web) about cholesterol and to write a summary of the article (no more than 1 page in length). Have them bring the article to class. After a brief discussion about cholesterol, each student is asked to go to the board and write **ONE** fact about cholesterol based on what they read in their articles. Tell the students they are not allowed to write a fact that **repeats** anything that someone has already written on the board. This is very challenging.

The board will soon look like a wall filled with cholesterol graffiti. After each class member has written an interesting fact, a discussion of these facts follows. Each student contributes to the discussion by adding to the information that he or she wrote on the board. A handout on the cholesterol basics can be given as a study sheet. A fact sheet on cholesterol is available at [http://www.cdc.gov/cvh/library/fs\\_cholesterol.htm](http://www.cdc.gov/cvh/library/fs_cholesterol.htm)

### **Assessment Ideas:**

Include discussion items on the next test or exam.

Write down all they listed on the board, put this list on the test and ask them to choose 3 words/topics that they think is the most important to know about cholesterol. Then they are asked to explain why.

